

This project was developed by Starick in partnership with the Eastern Corridor Refuge services and the Government of Western Australia.

This booklet was produced on Noongar Boodjar.
We pay our respects to all Aboriginal and Torres Strait Islander peoples and Elders, past and present.
We acknowledge they have cared for this country since its creation.
We respect their unique cultural and spiritual relationships to the land, waters and seas on which we live and work. We acknowledge their rich contribution to our society.

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A NOTE TO MUMS AND CARERS

This booklet has ideas for children and young people. If you have younger children, you may want to read this booklet with them and guide them through the activities to see what interests them. Doing activities together is a great way to build relationships.

Please feel free to share this booklet with your family and friends.

ACKNOWLEDGEMENTS

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The project was developed in partnership with the Eastern Metropolitan Corridor Refuge Service System Emergency Response (RSSER) services with Starick as the lead agency.

Starick wishes to sincerely acknowledge and thank the many individuals and services from across Western Australia, who shared their knowledge, participated in consultations, and provided information that helped develop this resource.

This includes:

Women's Family and Domestic Violence services across Western Australia who play a fundamental role in supporting children, young people and their families to live a life free from violence.

- Australian Government, Department of Health
- Beyond Blue
- Australian Childhood Foundation
- Department of Communities Western Australia
- Department of Education WA
- Department of Health, Western Australia
- **Emerging Minds**
- Headspace
- **Health Direct**
- ISHAR
- Oxygen
- Raising Children Network
- Reach Out!
- The Royal Melbourne Children's Hospital
- Wungening
- World Health Organisation.







ASALAAM ALAIKUM

INTRO

BONJOUR!

There are different ways of talking about family and domestic violence, for example, family violence, domestic violence or domestic abuse. In this booklet we use the term Family and Domestic Violence (FDV) in line with the West Australian Government's *Path* to Safety Strategy to Reduce Family and Domestic Violence 2020-2030 and the National Plan to End Violence against Women and their Children 2022-2032.

The term mother/carer includes nonbiological parents and carers, and 'children' at times refers to 'children and young people' inclusively.

If you speak a language other than English and need help understanding this document, you can contact the free:

Translating and Interpreting Service - 131 450.

If you are deaf and/or find it hard to hear or speak with people who use a phone, the Nation Relay Service (NRS) can help you. Please get in touch with: NRS Helpdesk - 1800 555 660.

Starick is an inclusive, safe and respectful organisation which celebrates diversity and actively supports the inclusion of children, young people and adults from LGBTIQ+ communities, people with disabilities, people from diverse cultural and linguistic backgrounds and people with diverse religious beliefs or affiliations.









WELCOME TO THE CHILDREN'S COVID-19 BOOKLET KAYA!

This booklet is for children and young people and their families who are staying in refuges or other family and domestic violence services across WA.

It is about COVID-19, how to stop it from spreading and how to stay healthy and strong. The second section is filled with fun activities for children and young people to explore.

Many children and young people in refuges contributed their ideas to this booklet. Thank you to all the children and young people, mothers and carers, and services across Western Australia, who shared their knowledge, participated in consultations and provided feedback on the development of this booklet.

CHILDREN'S GUIDE TO USING THIS BOOKLET

There are lots of great activities in this booklet which is yours to keep.

The booklet is divided into **2 SECTIONS**

HOLA!

SECTION 1 COVID-19 AND STAYING HEALTHY

The information is split into sections for two age groups.

- What is COVID 19 and how does it spread
- Information for children aged 4-10 years
- Information for young people aged 10+ years

SECTION 2 BOREDOM BUSTER ACTIVITIES

- Being Active
- Being Creative
- Experimenting with Science
- Exploring Nature

- Making Music
- Playing Games
- Preparing to Cook









HOW TO CHOOSE AN ACTIVITY

- Look for something that you like and suits your age. Or you might like to give yourself a challenge?
- Check you have all the things you need if you don't, check with your mum or support worker, or maybe choose something else.
- 3 START!

Not sure where to start? Then check out Section 2 - Being Creative - Self-portraits. You can learn how to make a selfportrait that looks like a Lego character.

> The activities have an age guide in the top right-hand corner to help you choose ones that are good for your age.



SECTION 1 COVID-19 AND STAYING HEALTHY

WHAT IS COVID-19?

COVID-19 is a disease caused by a new germ or bug.

Germs are tiny organisms that live in our environment and can make you sick if they get into your body. You cannot see germs with your eyes (only under a microscope). They are a bit like chilli. You cannot see chilli on your hands but if you lick your fingers or touch your eyes you know it is there!

Most children and young people will not get very sick if they catch COVID-19. If they do, it will be a bit like getting a cold. Very few children who catch COVID-19 will need to go to hospital.

HOW COVID-19 SPREADS

COVID-19 can spread from an infected person's mouth or nose in small liquid droplets when they cough, sneeze, speak, sing or breathe.

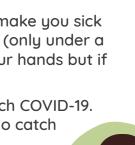
You can be infected by breathing in the virus if you are near someone who has COVID-19, or by touching an infected surface and then touching your eyes, nose or mouth. The virus spreads more easily indoors and in crowded settings.

HOW DO YOU STOP THE SPREAD OF COVID-19?

- Wear a face mask when required if you are 8 years old or older, or in Year 3 and above at school.
- Where possible practise physical distancing (keep at least 1.5 metres or two arms lengths from each other).
- Practise good personal hygiene:
 - Clean your hands often with soap and water, or hand sanitiser. Sing happy birthday twice as you wash your hands.
 - Cover coughs and sneezes with a tissue or use your elbow. Don't forget to throw your tissue in the bin and wash your hands!
- · Let your mum or carer know if you are feeling unwell.

This Booklet gives you lots more ideas on how to stay healthy and strong during COVID-19.

It is good to remember that Australia has done a very good job of controlling COVID-19. The doctors here are guided by what has happened in other countries and we are now learning how to successfully live with and manage COVID-19.



....

...



HOW TO WEAR A FABRIC MASK?



To protect yourself and others, remember to:

- 1 Keep your social distance.
- 2 Clean your hands often.
- Try not to touch your face and the front of your mask.
- Wear the mask the right way.





- 1 Clean hands before touching the mask.
- Check the mask for damage or if dirty.
- 3 Check the inside of the mask, which will touch the face and cover the nose.
- 4 Adjust the mask, so there are no gaps on the sides.
- **5** Try not to touch the front of the mask.
- 6 Clean your hands before you remove the mask.
- Use the straps to remove the mask.
- **1** Keep masks in a clean bag or container.
- Wash the mask at least once a day, preferably with hot water.
- Do not share masks with others.



HOW TO WEAR A MEDICAL MASK?

- Wash your hands before touching the mask.
- Check the mask for tears or holes.
- 3 Find the top side where the metal piece or stiff edge is.
- Make sure the coloured side faces outwards.
- 5 Place the metal piece or stiff edge over your nose.
- 6 Make sure the mask covers your mouth, nose, and chin.
- Adjust the mask to your face so there are no gaps at the side.
- **3** Try not to touch the mask once its on.
- 2 Take the mask off from behind the ears or head.
- Meep the mask away from you and others when taking it off.
- 1 Put the mask in the bin as soon as you take it off.
- Wash your hands after putting the mask in the bin.





DONT PANIC

SIMON SAYS, BE SAFE!

Choose someone to be Simon.

















3 Only do the action if "Simon Says"!

If you do the action anyway, you are out of the game!

TOP TIPS FOR LOOKING AFTER YOURSELF DURING COVID-19

Reach out for Eat well.

Keep connected meet friends outside or online.

DISTANCE



and friends.

Keep talking to your family



help if you need it - there's lots of support



Keep playing - have fun

Keep active - move your body



Show care for others - it helps everyone

Ask people you trust for information.

Keep safe - wear your mask if you need to and wash your hands regularly.

feel better.



BEE A HAND WASHING SUPERHERO!

Hand washing helps stop the spread of COVID-19 and keeps you healthy.

Wash your hands often, with soap and warm water while singing the ABC song or counting to 20 slowly.



WASH YOUR HANDS

- After using the bathroom, sneezing, coughing or blowing your nose.
- Before eating meals or snacks.
- Straight after coming inside from playing outdoors.





WAYS TO KEEP CALM

Sometimes it is good to do exercises to help calm us down.

Try and do each animal movement for 45 seconds with a short break in between. Do as many as you can!

CHEETAH RUN

Run on the spot as fast as you can.

ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can.

GORILLA SHUFFLE

Get into a low squat with your hands and feet on the floor and shuffle around the floor like a gorilla.

STARFISH JUMPS

Spread your arms and legs wide and do star jumps as fast as you can.

FROG JUMP

Put your hands and feet on the floor and hop back and forth like a frog.

Sit with your hands flat on the floor, lift your bottom off the ground and walk like a crab.

BEAR WALK

Put your hands and feet on the floor, hips high, walk left and right.





STAYING HEALTHY

FUN ACTIVITIES YOU CAN DO YOURSELF

Build a cubby



Have a picnic lunch outside

Make a race car out of an old cardboard box

Play Simon Says

Create an obstacle course

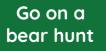
Stargaze at night with mum

Play hide and seek

Lie down outside and watch the clouds moving

HELP!

Make a race car out of an old cardboard box



Play dress-ups in mum's clothes and take a picture





Stretch your body!









It is natural to worry about what might happen with COVID-19 around.

If you are worried and need support, talk to someone you trust or call the kids help line.

KIDS HELPLINE answers calls from kids who are worried about something and are not sure who to talk to.



1800 551 800



This QR code link will take you to Kids Helpline







10+ YEARS

LIVING WITH COVID-19 IN THE COMMUNITY

COVID-19 is likely to be around for some time and you might be experiencing a mix of emotions. You might be feeling excited about regaining some freedom but also anxious about changes to your daily life. You might be confused about rules changing and what you can do to keep yourself and others safe.

What you are feeling is very normal and it might take some time before you feel yourself again. Here are six steps for easing into life with COVID-19.

O GO AT YOUR OWN PACE

Remember you can take things at your own pace. Just because your friend is going out all the time does not mean you have to. Remember that your feelings may change daily and that is normal.

2 SET BOUNDARIES

It is normal to feel nervous about getting or passing on COVID-19. Think about what you are comfortable with and let your friends and family know.

You can stay up to date with the changing restrictions (and different rules for vaccinated and unvaccinated people). The WA Health Department website has a lot of easy-to-read COVID-19 information.

O DO THE THINGS THAT KEEP YOU WELL

It can be easy to let your self-care slip. It is important to keep doing things that help you stay well. Here are a few ideas:

- making time for the activities you do for fun
- practising mindfulness by focusing on the present moment

- keeping in touch with family and friends and ask for support when you need it
- doing exercise that feels right for you and making sure you get enough sleep
- seeking professional support if that is helpful for you. See some suggested support agencies at the end of this section.

O BE KIND TO YOURSELF

Try not to judge yourself for how you are feeling. We are going through a challenging time, and it is natural to feel different emotions.

Being kind to yourself includes accepting how you feel and looking after yourself. There are tips on how to do this in the following few pages.

S APPRECIATE THE LITTLE THINGS

Even if you are worried about restrictions and living with COVID-19, remind yourself that you can see friends, go out and play sport.

Reference: Reach Out

SO YOU HAVE TESTED POSITIVE?

COVID-19 affects people differently. Some people do not have any symptoms and may not even know they are sick, but they can still spread COVID-19. It is hard to predict how getting COVID-19 will affect you.

Here are some ideas to help you while you recover.

FOCUS ON YOUR MOST MEANINGFUL SOCIAL CONNECTIONS

Two things happen when you test positive for COVID-19. First, you must isolate, which means staying away from almost everyone you know. Second, you receive messages from friends and family asking if you are okay.

DO NOT SPEND ALL YOUR TIME SCROLLING

If you spend your time in isolation checking your notifications, you will probably see many posts that can make you feel jealous and sad. Remember, at the end of the day, doom scrolling will not make you feel good when you are isolated, sick and trying to recover.



THINK ABOUT THE WAY YOU COMMUNICATE ONLINE

There is nothing wrong with leaving a few unread messages and emails from people outside your inner circle while you focus on staying connected with your closest friends and family.

If you find that tricky, try starting group chats with the people reaching out to you. This way, you can cut down on telling people the same thing in 1-on-1 messages.

If you are bored and fighting the urge to check your phone constantly, here are a few things you can try:

- Message a friend the funniest thing you thought today.
- Write in a journal.
- Go on Wikipedia and click on the 'random article button.
- Read a book.



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TRY TO SCHEDULE A SHORT PERIOD OF EXERCISE EACH DAY

This might be something simple like doing a few jumping jacks, walking around, running on the spot or doing a bit of stretching and yoga.



TALK TO

- a friend or family member.
- your Child Advocate, Support Worker or Counsellor if you need help managing how you are feeling or if you have questions about how COVID-19 might affect you.
- a helpline such as Lifeline (13 11 14) or Kids Helpline (1800 55 1800) or Headspace (1800 650 890) if you are feeling upset and need help.

If you prefer online support, go to Reachout.com

No matter what is going on for you, if things are a bit challenging for a few days try and remember it will pass and life will get back to normal.

Reference: Reachout.com





FEELING ANXIOUS

We all feel anxious when facing situations that are uncertain, scary or challenging. Anxiety is a natural human emotion meant to keep us safe from possible threats. Anxiety can often feel like nervousness or worry. You might also have physical symptoms - like your heart racing, rapid breathing, headaches or a stomach ache.

Young people go through many changes and new experiences, so feeling anxious is very common. COVID-19 has brought an extra set of challenges for many young people.



WHEN YOU FEEL OVERWHELMED THERE ARE THINGS YOU CAN DO TO STOP ANXIETY FROM TAKING OVER.

1 Take a deep breath

Breathe in slowly through your nose and out through your mouth. Breathe deep so the air gets into your belly. Do this a few times until you feel calmer. Taking slow, deep breaths is one of the simplest and most effective ways to reduce anxiety.

2 Talk to a friend or someone you trust

Tell them how you are feeling and check in on how they are doing. Talking to someone else can help relieve the pressure that builds up in our minds and adds to our anxiety.

3 Go back to the basics

When basic needs like sleeping and eating well are not met, we can easily feel anxious and out of sorts. Look after your physical health by focusing on getting good sleep, eating well, and doing some physical activity - and see what a difference it can make.

Incorporate calming activities in your day

Try to spend at least one hour doing an activity that makes you feel better, like drawing, making something or watching a favourite film. Try limiting the things that make you feel anxious, like constantly refreshing the news or your social media feed.

Seek more support

If you experience anxiety symptoms that interfere with your daily life. Asking for help is a sign of strength - it shows courage to overcome something difficult. If you don't know where to get support, ask someone you trust or search online.

You can find more support resources on page 25



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HOW TO BOOST YOUR MENTAL HEALTH EACH WEEK



 Connect - Make time in the week to connect with friends and family.

- Exercise Regular activity and exercise can help boost your mood and reduce stress and anxietu.
- Check in each morning take time to check in with how you are feeling.
- Downtime Find time to relax and do activities that calm your mind and body.
- Take up a relaxation practice like yoga or listening to music.
- Write down three good things you have achieved each day.
- Help others Helping others often makes you feel good.
- · When you experience negative thoughts, challenge your way of thinking. For example, "oh no, I made a mistake" try "mistakes help me to learn better".
- · Get a good night's sleep.
- Eat well. Try to drink water, eat fruit and vegetables and avoid junk food most days.

















Dance to your favourite music. Dancing expresses emotions that can be hard to explain in words ...so go dance like no one is watching!

Borrow a phone or camera and take

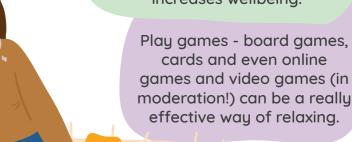
Download the 7-minute workout app

https://apps.apple. com/us/app/7-minuteworkout-fitness-app/ id806995720

Find a new podcast to listen to.

Watch something funny. Laughter really is great medicine. It relieves physical tension, reduces stress, and increases wellbeing.

cards and even online games and video games (in moderation!) can be a really effective way of relaxing.







STAYING HEALTHY

LGBTQIA+ SUPPORT

COVID-19 can bring specific changes for some LGBTQIA+ young people. If you need support, talk to your Child Advocate, counsellor, or someone you trust.

The services below are free and include telephone and web chat support delivered by trained LGBTI community members. These services are for LGBTQIA+ individuals, their friends, and families.







- QLife provides Australia-wide anonymous, LGBTQIA+ peer support and referral for people wanting to talk about a range of issues, including sexuality, identity, gender, bodies, feelings or relationships. https://qlife.org.au/about-us
- Living Proud is a non-profit organisation that aims to promote the wellbeing of LGBTQIA+ and other sexuality, sex, and gender diverse people in Western Australia. Living Proud is the Western Australia partner for QLife.
- The Freedom Centre is a peer based safe space and drop-in centre for LGBTQIA+ young people (under 26 years) in Perth.
- TransFolk of WA is a peer-based support service for all transgender people and their loved ones in Western Australia.

LGBTQIA+ SAFE SPACES

Follow the QR code to a map of various locations in Western Australia that are safe spaces for LGBTQIA+ young people.

https://www.youthpridenetwork.net/safespacesmap

GETTING HELP



Kids Helpline - counsellors answer questions (2-minute video).





Bite Back - an online space that helps young people build resilience in an interactive environment.





iBobbly - a free app to build good mental health and wellbeing in young Aboriginal and Torres Strait Islander people.





Reachout - an online mental health service for young people and parents with apps and links to other sites.





eheadspace - free online support and counselling for young people aged 12–25 years and their families and friends. Use the messenger chat live app.





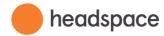
Brave - Turn your troubles in to triumphs, your worries into wellbeing and your fears in to victory.





Orygen - Supports young people while on a waitlist for face-to-face care at a participating youth mental health service.





Headspace - self-guided meditation app.

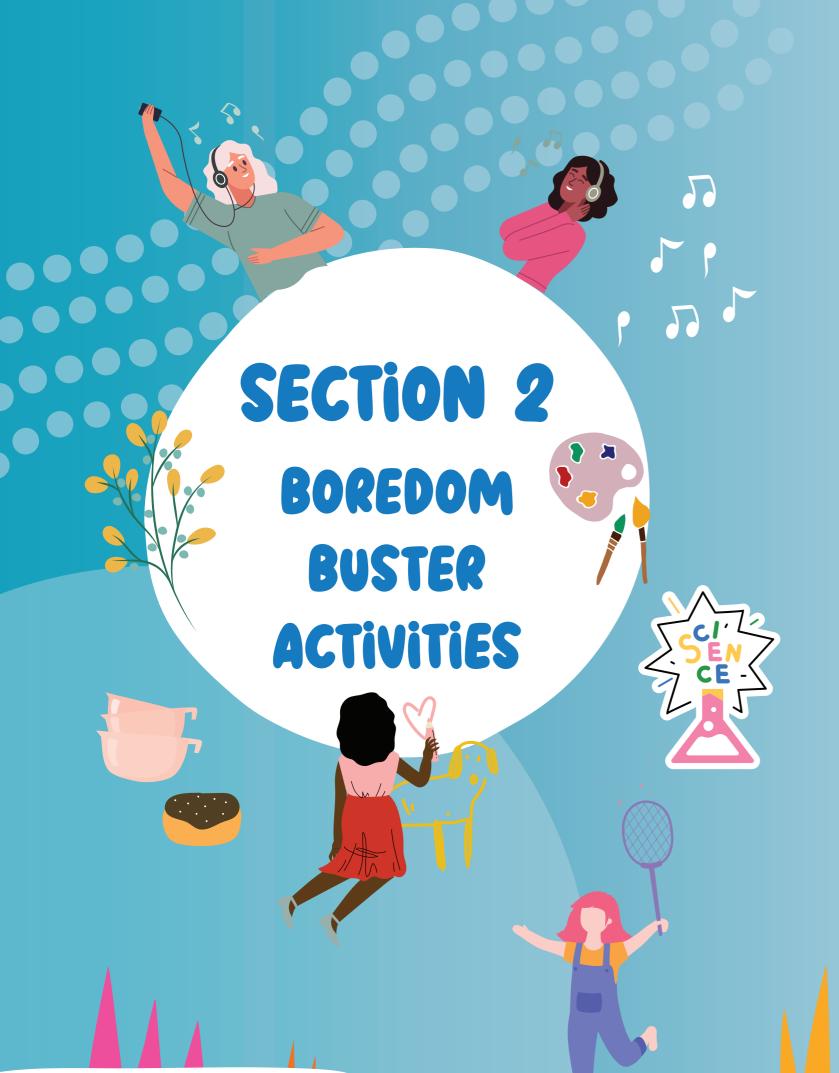




Niggle - A niggle is a feeling that won't go away. It grows and grows and has a life of its own. When you have a niggle, it can be a challenge. But you don't have to do it alone... here's an app to help.



4 STAYING HEALTHY
STAYING HEALTHY



ACTIVITIES TO BUST THE BOREDOM!

THEMES

- Being active.
- **2** Being creative.
- 3 Experimenting with science.
- Exploring nature.
- **6** Making music.
- 6 Playing games.
- Cooking.
- Teen challenge.

AGE GROUPS

The activities have a colour coded age guide in the top left and right-hand corners of each page.

This will help you choose activities that are good for your age.

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BEING ACTIVE

STUCK INSIDE

If you don't have easy access to the outside, you can still play plenty of games. Add your ideas to the list!

Use ping pong balls to throw around or make a ball from a bunch of folded back socks

Act out being

animals

Plan a treasure hunt

Set up an obstacle course



Play Bowls or skittles

Make couch forts or build a cubby house from sheets





Have a concert

Put on a play

Do yoga, star jumps, balancing acts or play musical chairs



Play catch or have running races around the room





WATER PLAY!

FILL, TOSS AND SPLASH!

- Host a water bucket race. Try not to spill.
- Create a DIY water slide with a plastic tablecloth.
- · Paint with water on concrete slabs or stones.
- Do the limbo under the garden hose.
- Fill up mini spray bottles for a soaking game of tag.
- Write your names on the pavement with water blasters.
- · Make a water pinata by tying water balloons together.
- Try float science: Will the object sink or float?
- Pass the ice cube down the line. First to melt it wins.
- Set up a soapy bucket for a toy wash station.





- Freeze small toys into ice cubes and then excavate them.
- Stack sponges together with rubber bands; soak them in water and toss!
- Cut plastic milk cartons in half, creating a "glove" to catch water balloons.
- Turn part of a roll of tinfoil into a foil river for plastic ducks and boats.
- Bounce and balance water balloons on an old sheet with kids holding each corner.
- Taste test summer treats blindfolded - like popsicles. strawberries, snap peas, and watermelon.

4+ YEARS

RELAY GAMES

BALLOON RELAY RACE

Can be played: Indoors or outdoors

Supplies: Balloons

These races are best for kids over the age of 4, as younger children may be scared by the sound of popping balloons and left over pieces are a choking hazard.

Split into teams and stand in a single-file line. Give the leader of each line a balloon. They must pass it through their legs to the player behind them. That player passes the balloon overhead to the next player.

Repeat this until the balloon gets all the way to the end of the line. The last player runs back to the front of the line and pops the balloon to win the game. Popping the balloon can be optional.

DRESS UP RELAY

Can be played: Indoors or outdoors

Supplies: An assortment of dress-up items

Place two piles, boxes, or suitcases filled with dress-up items at each end of the playing area. Divide the group into two teams.

The first player runs to the pile, puts on all the dress-ups on over their regular clothes, then runs back to the team.

When they make it back, the player must remove all the dress-up items and pass them off to the next player, who puts them on and runs the length of the playing space before returning to the team for the next person to take their turn.

EGG-AND-SPOON RACES

Can be played: Indoors or outdoors

Supplies: Spoons (one per player), eggs (real or plastic, one per team)

For this one, you'll need two teams. Each player gets a spoon and an egg (hardboiled or plastic).

Each team must carry their egg on their spoon from the starting line to a turnaround point and back again. Then, the egg is passed to a teammate who takes their turn.

If the egg is dropped, the player must stop and pick it up. The first team to complete the relay wins.

PHYSICAL ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE DURING COVID-19

Set a goal to hop to 3 times around the table in 90 seconds. Try to do it in less time each day!

Put on a play

Pretend to be animals

Learn a new skill - google finger knitting

Play

hand

tennis



Try some

yoga

Create dance routines



Have a concert

Make your body into funny shapes



Play a games of mirrors copy someone else's actions

BEING ACTIVE

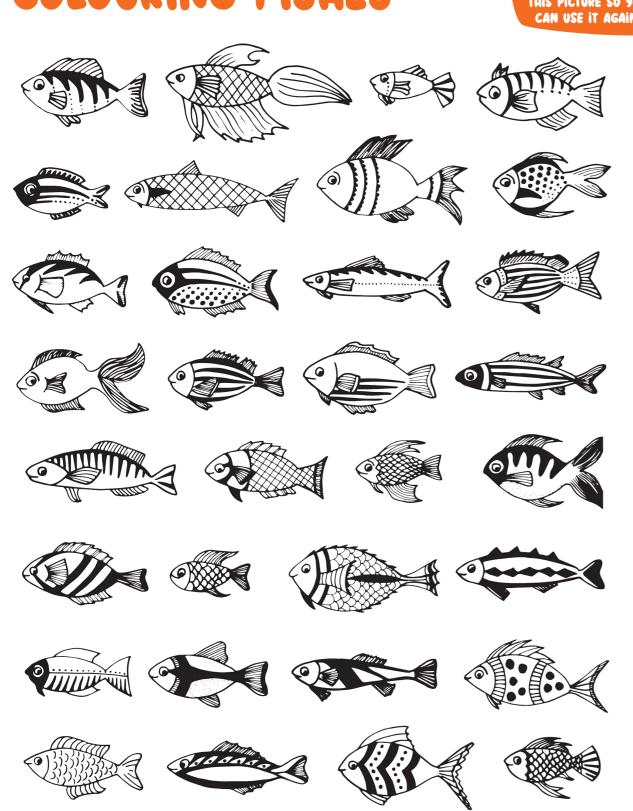
BEING ACTIVE

BEING CREATIVE

3+ YEARS

COLOURING FISHES

TIP- ASK MUM
OR YOUR SUPPORT
WORKER TO PHOTOCOPY
THIS PICTURE SO YOU
CAN USE IT AGAIN.



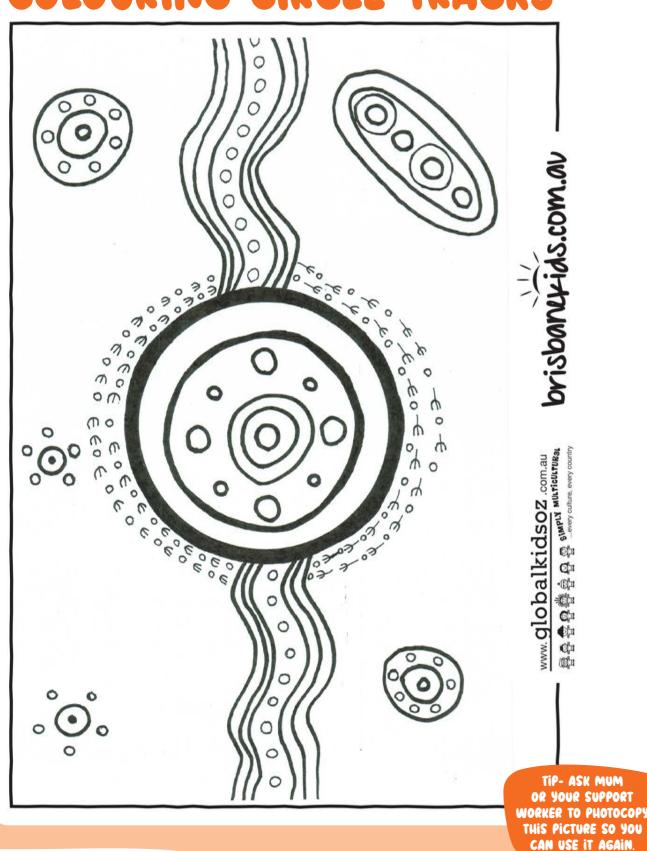
COLOURING MONSTERS

TIP- ASK MUM
OR YOUR SUPPORT
WORKER TO PHOTOCOPY
THIS PICTURE SO YOU
CAN USE IT AGAIN.



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COLOURING CIRCLE TRACKS



HOLY TUBES



MATERIALS

- Reuse Paper rolls from paper towels
- Paint (optional)
- Toothpicks
- Something sharp to make small holes, scissors or a knife work.

INSTRUCTIONS

- Choose a theme and paint the paper roll. No paint wrap it in paper.
- Make small holes to fit the toothpicks.
- Insert the toothpicks into the holes.
- Make a family of tubes and try racing them on the ground.

BEING CREATIVE

BEING CREATIVE

PAPER TUBE ROCKET CRAFT

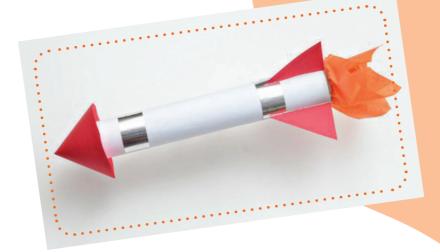
SUPPLIES

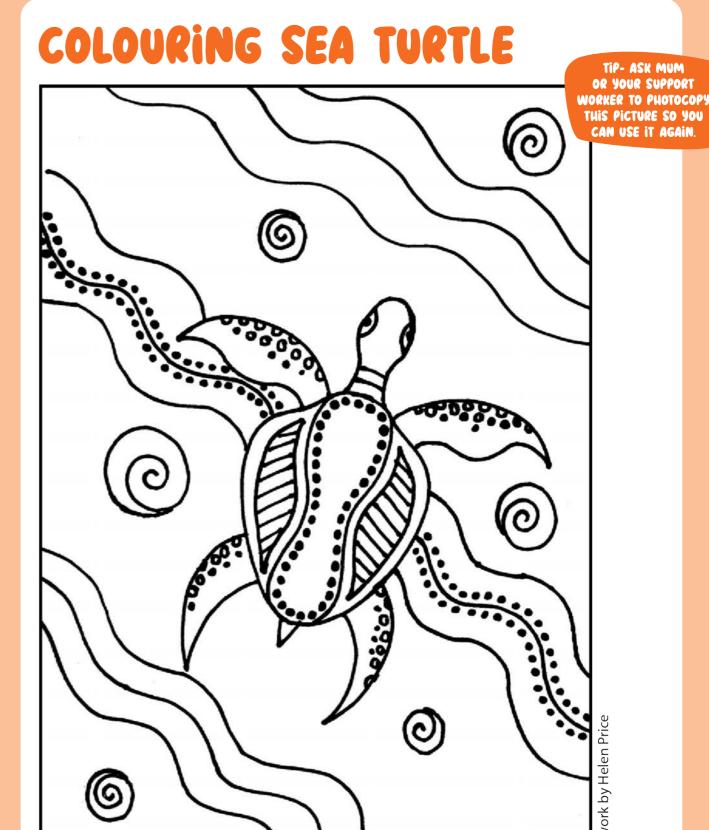
- Paper towel roll
- White paper
- Red paper
- Aluminium foil
- Glue
- Tape
- Scissors
- Orange tissue paper

DIRECTIONS

- Wrap a piece of white paper around a paper towel roll and use the tape to keep it in place.
- Cut a five-inch diameter circle out of the red paper.
- Cut a slit from the edge of the circle to the center of the circle. Overlap the edges of the circle at the slit so that it forms a cone shape. Tape the cone together, then trim off any overhanging paper at the bottom of the cone.
- Use tape to fasten the cone to one end of the rocket ship.
- Cut two strips from aluminium foil and glue them around the paper tube.
- Cut out three triangles from the red paper. Glue the triangles to the base of the rocket.
- Cut a 15cm square piece of orange paper. Slide it into the bottom of the paper tube and use glue to keep it in place.

YOU READ THE instructions.





AIR DRY PLAY DOUGH

This is the perfect dough to use for things you want to keep. You can add the colour directly into the clay or leave it white and paint it once it dries.



MATERIALS

- 1 cup of cornflour
- 1/2 cup of hair conditioner

INSTRUCTIONS

- Add all ingredients together in a bowl. Mix well.
- Grab your mixture and start to knead. Work the clay until it firms up and you can make a ball (Usually about 5 minutes).
- If you wish to color your clay, add the food coloring of choice to the clay and knead until the color is distributed throughout.
- Now, create your masterpiece. Leave it to dry for 24-48 hours (depending on its thickness). It should dry nice and hard.

The best thing about this play dough is that it's not only super fun but playing with it also helps you to chill.

ABORIGINAL FOOD DIORAMA

In Australia, today most people go to the supermarket, shops or McDonalds to get their food to eat. Long ago, before colonisers arrived in Australia, Aboriginal people hunted, fished or gathered their food from the land, rivers and ocean, but they were always careful not to take too much. To make sure there was always plenty of food, they moved around a lot so that the food in the land and waters could continue to grow and flourish.



- Shoe box and paint (paint your scene to look like the bush, river, ocean or desert).
- Playdough or clay. Make your animals out of your playdough, cardboard or paper.
- Sticks, leaves, stones or rocks. Use these to make the background.
- Scissors, sticky tape or glue, to stick things down.

Make a diorama using materials you can find around where you're living.
You can see more ideas on the internet, just type in diorama!

38 BEING CREATIVE BEING CREATIVE



HOMEMADE **PUFFY PAINT**

Make Homemade Puffy Paint with 3 kitchen ingredients. You put it in the microwave and it puffs right up!



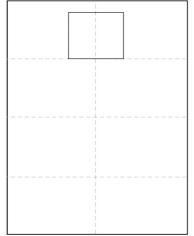
MATERIALS

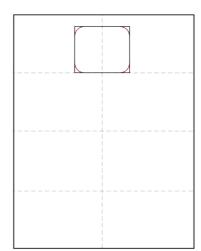
- 1 cup all purpose flour
- 1 and 1/2 tsp baking powder
- 1/4 tsp salt

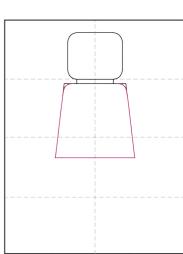
INSTRUCTIONS

- Combine flour and salt and baking soda in a small bowl.
- Add a bit of water and stir until you get a smooth, thin paste (about the same consistency of stirred yogurt).
- Add food colouring, and mix well.
- Then use like paint.
- Put the painting into microwave for 30 seconds and watch it puff up!
- Allow to cool before handling.

LEGO SELF PORTRAIT

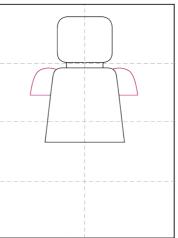


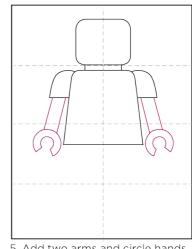


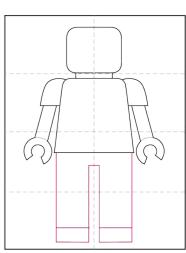


1. Fold to make lines. Draw a head.

2. Round the corners, erase originals. 3. Draw the torso, round corners.

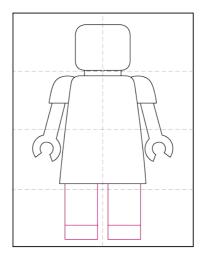


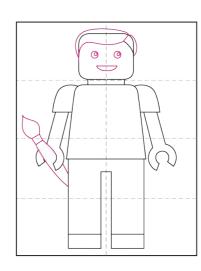


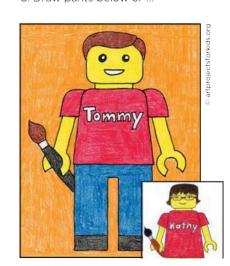


4. Draw two sleeves

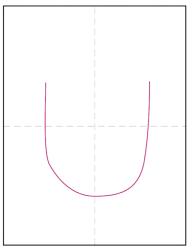
5. Add two arms and circle hands.



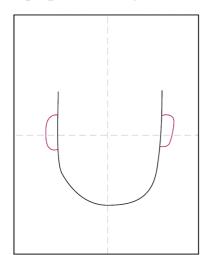




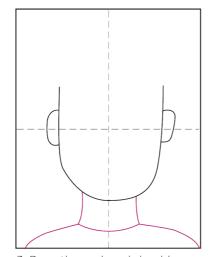
ABSTRACT SELF PORTRAIT



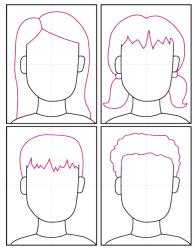
1. Start with a large U.



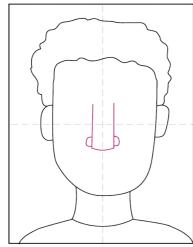
2. Add the two ears.



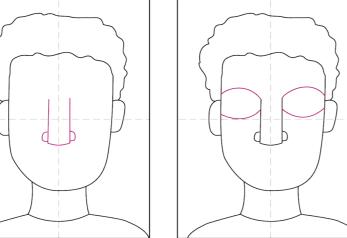
3. Draw the neck and shoulders.



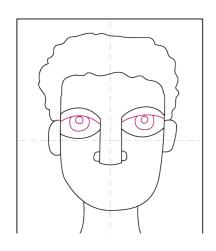
4. Add your own hair.

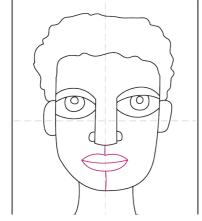


5. Draw a centered nose.



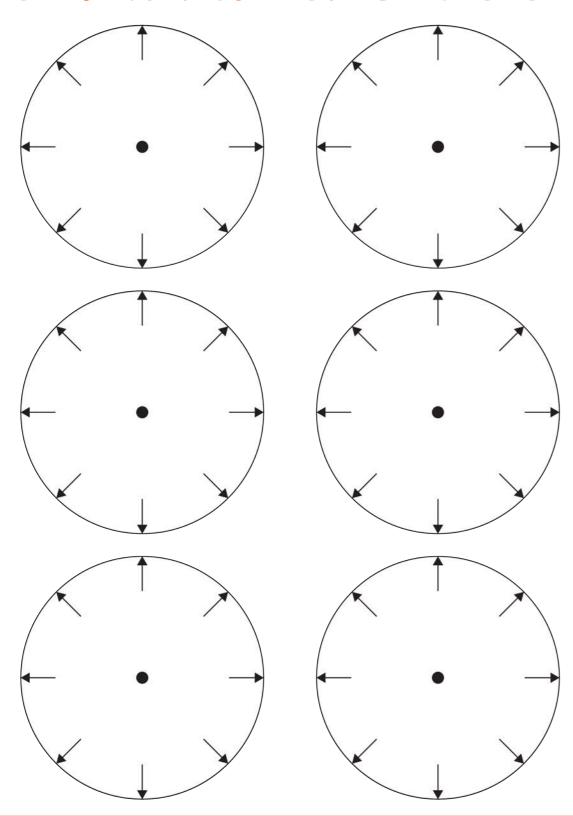
6. Start the large eyes.







JELLYFISH WOVEN BRACELET



BRACELET INSTRUCTIONS

MATERIALS

- Light cardboard box that you can cut up (eg cereal, oatmeal or pasta boxes)
- Template (see previous page)
- Paper
- Coloured string, wool or embroidery thread – up to 7 colours
- Glue
- Scissors
- When its finished tie it to your wrist.

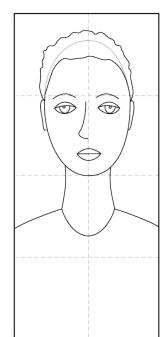


INSTRUCTIONS

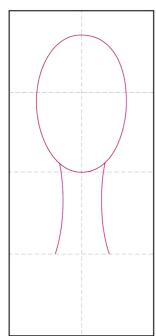
- Using the template, cut out one of the circles from the paper and glue it onto a piece of your cardboard (make sure to get the edges of the circle covered really well with glue). Let the glue dry completely.
- Now cut the cardboard with the paper glued onto it around the edge of the circle to where the tips of the arrow heads are. Cut a slit in each line that has the arrow head, about the same distance as the line itself. Use the sharp end of your scissors to poke a hole in the middle, approximately the size of the circle.
- Now grab your wool or thread and cut either 7 or 14 pieces (2 of each colour) all 18cm long for adults or about 14cm for smaller kids. I find that doubling up the wool or thread (using 14 pieces) is thicker and goes a bit faster.
- Knot together all the wool or thread at one end so that there is still a little tail of ends.
- Careful thread the ends of all the wool or thread through the hole so that the knot is on the back side of

- your template/cardboard. Put one piece of each thread (2 pieces per slit if you're using 14 pieces of wool or thread) into each slit so that it's snug into place.
- Now, turn the template so that the empty space is pointing to your chest. Count 3 slit spaces to the left from there (approx. the 10:00 pm position if it were a clock). Take that piece(s) out of the slit and place into the empty space that is facing your chest.
- Turn the template counterclockwise so that the empty space is again pointing to your chest and repeat step 6.
- Keep your thumb gently over the hole in the middle to make sure that the bracelet remains in position while you're moving the threads around. You'll also want to run your fingers through the threads underneath the template from time to time to prevent the threads from getting tangled.
- Eventually you'll start seeing the bracelet appear underneath once you get going. Keep going until you've reached your desired length. Tie off the end and finish off as you please.

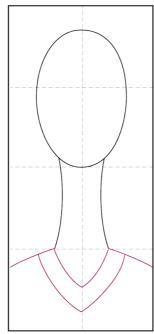
MODIGLIANI SELF-PORTRAIT

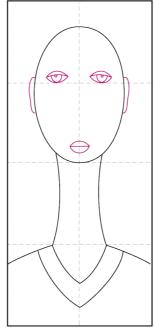


1. Example of standard face proportions for comparison.

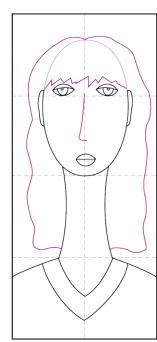


2. Cut 24" x 18" paper to 8" x 18" panels. Fold paper to make grid lines. Draw an oval. Add a long neck.

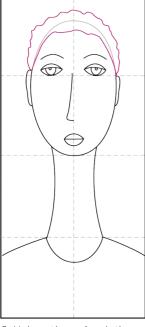




3. Draw an kind of shirt line 4. Add eyes a little higher than normal, and mouth a little lower. Draw two ears.



5. Draw a nose that is stretched to fill the space. Add hair around the oval head. Erase top oval line.



6. Hair options: A solution for drawing short and curly color. Press hard until you hair. Modify to match your own hair style.



7. Trace with a marker and no longer see any white from the paper.



8. A dark color palette will look the most like Modigliani's paintings.

MAKING A **VOLCANO!**



Make a vinegar volcano with baking soda & vinegar! Use baking soda and vinegar to create an awesome chemical reaction! Watch as it quickly fizzes over the container and make sure you've got some towels ready to clean up.

MATERIALS

- Bi-carb soda (make sure it's not baking powder).
- Vinegar.
- A container to hold everything and avoid a big mess!
- Paper towels or a cloth (just in case).

INSTRUCTIONS

- Place some of the baking soda into your container.
- Pour in some of the vinegar.
- Watch as the reaction takes place!

WHAT'S HAPPENING?

The baking soda (sodium bicarbonate) is a base while the vinegar (acetic acid) is an acid. When they react together, they form carbonic acid which is very unstable, it instantly breaks apart into water and carbon dioxide, which creates all the fizzing as it escapes the solution.

For extra effect you can make a realistic looking volcano. It takes some craft skills but it will make your vinegar and baking soda eruptions look even more impressive!

Or you can make a sand volcano and insert the glass into the middle of its neck for a realistic EXPLOSION!



EGG SCIENCE EXPERIMENT

Make an Egg Float in Salt Water!

An egg sinks to the bottom of a glass if you drop it into a glass of ordinary drinking water but what happens if you add salt?

The results are very interesting and can teach you some fun facts about density.

MATERIALS

- One egg
- Salt
- Water
- A tall drinking glass



INSTRUCTIONS

- Pour water into the glass until it is about half full.
- Stir in lots of salt (about six tablespoons).
- Carefully pour in plain water until the glass is nearly full (be careful to not disturb or mix the salty water with the plain water).
- Gently lower the egg into the water and watch what happens.

WHAT'S HAPPENING?

Salt water is denser than ordinary tap water, the denser the liquid the easier it is for an object to float in it. When you lower the egg into the liquid it drops through the normal tap water until it reaches the salty water, at this point the water is dense enough for the egg to float. If you were careful when you added the tap water to the salt water, they will not have mixed, enabling the egg to amazingly float in the middle of the glass.

BUTTER FINGERS



MATERIALS

- A screw-top container
- 1/2 cup of whipping cream
- 1/4 teaspoon of salt (optional)
- Spoon



INSTRUCTIONS

- Pour whipping cream into screw-top container (make sure not to fill more than halfway).
- Add salt.
- Make sure you screw the top on tight.
- Shake for 7-9 minutes or until the cream stops sloshing around and you are left with a yellow blob.
- Shake for a few seconds longer.
- Congratulations! You have pure butter. Now you can serve it with your bread.

ICE DECORATIONS

Ice decorations are super easy to make and look great. You can use almost anything as a mould.

WHAT TO DO

- Choose your moulds and fill them with water.
- 2 If you like, add decorations to the water.
- 3 Ask mum to put them in the freezer until frozen.
- Take them outside to melt or leave them in different places and see how long they take to melt.



WHAT IS HAPPENING HERE?

In liquid form, water particles can move around freely, so the water takes the shape of its container.

When you put the water into the freezer, the movement of the particles slows down, and the particles become tightly packed together.

This means the shape cannot change easily.

HOW TO MAKE AN OUTDOORS VOLCANO

MATERIALS

- 10 ml of dish soap
- 100 ml of warm water
- 400 ml of white vinegar
- Baking soda slurry
- Empty 2 litre drink bottle



INSTRUCTIONS

NOTE: This should be done outside due to the mess!

- Combine the vinegar, water, dish soap into the empty soda bottle.
- Use a spoon to mix the baking soda slurry until it is all a liquid.
- Eruption time! ... Pour the baking soda slurry into the soda bottle quickly and step back!

MILK ART

MATERIALS

- A bowl
- ½ cup of milk
- Dish soap
- Cotton bud
- Food colouring, more than one color



INSTRUCTIONS

- Pour the milk into the bowl. Be careful not to move the bowl, you want the milk as still as possible.
- Put one drop of each colour in different places in the milk.
- Put just a tiny amount of soap on the end of the cotton bud, then touch it to one of the colours. WOW!
- Let the experimenting begin!
- To clean up, just pour the milk down the drain. (Do not drink it)



BALLOON POP! NOT!

MATERIALS

- A Balloon
- 2 pieces of tape, each about 5cm in length
- Small needle or push pin (with adult supervision)



INSTRUCTIONS

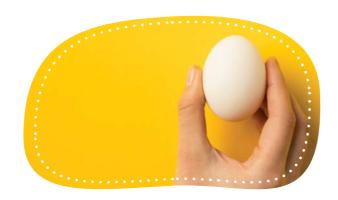
- Blow up the balloon.
- Use the two pieces of tape to make an "X" on your balloon.
- Carefully (with parent supervision), push the needle through the middle of your "X".
- Leave the needle in and see how long it takes your balloon to pop.

EXPLORING NATURE

RAW EGGS

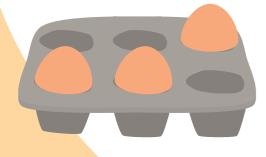
MATERIALS

- Raw eggs
- Jar
- Vinegar



HOW TO REMOVE THE SHELL FROM AN EGG

- Place a raw egg in a jar and completely cover with vinegar.
- Leave for 24 hours and rinse gently under cold water, carefully rubbing away the shell. If there's still some shell left, put the egg back in the vinegar and check again after a few hours.
- The shell should rub off as a white powdery substance. Once you've removed the shell you'll find the egg feels rubbery and is a bit bigger than when it had the shell. This is because some of the vinegar has moved into the egg through the membrane by a process called osmosis.



You can speed the process up by rinsing and changing the vinegar every 3 hours.

OUTDOOR ACTIVITIES FOR KIDS There are so many activities you can do outside. Here are some ideas! Build a cubbu Nature art - collect outside with a rope leaves, flowers, sticks, and an old sheet. seeds, and honky nuts to What other items **Outdoor painting** make natural artwork. might be fun for - take paper and

Eat dinner outside.

Turn the yard into an obstacle course. Use cones. sticks, a hula hoop, and other items to create fun obstacles.

Photograph nature. Ask your mum to borrow her phone or camera and see how many different types of wildlife you can find and photograph.

you to use in the

cubby?

Go on a bug hunt! Get a container and collect different kinds of bugs.

pencils outside so

you can have fun painting nature scenes.

Make an outdoor activity jar. Write different activities. Make the activities easy, water the plants, pick a flower, draw something on the path with chalk. There are so many fun ideas! Just pull one from the jar.

See the following pages for more activities.

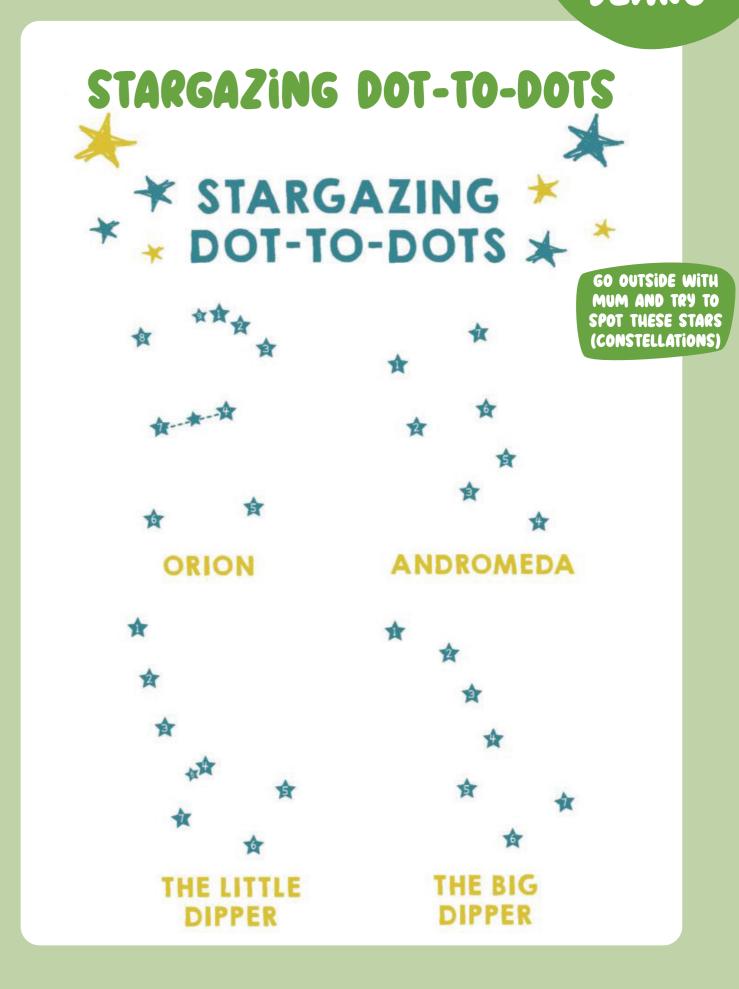
EXPERIMENTING WITH SCIENCE EXPLORING NATURE

55

Make

GO ON AN OUTDOOR SCAVENGER HUNT





NATURE BINGO



PLAY MATCHING BINGO

- Cut out the individual pictures on P58 and 59.
- Place all cards picture side down.
- The first player turns over 2 cards.
- If the cards match they get to keep them.
- If not, you turn them back down and the next player has a turn.
- Keep taking turns until all pairs are matched.

NATURE BINGO



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59

58 EXPLORING NATURE EXPLORING NATURE

MILK CARTON OWL BIRD FEEDER

MATERIALS

- 1 washed milk or juice carton
- Bottle and milk carton tops
- Glue

- Paint
- Scissors
- String or ribbon

STEP BY STEP INSTRUCTIONS

Time needed: 1 hour.

Making these Owl Bird Feeders is quick and easy, but you do need to allow for drying time!

- Paint the Juice Carton you might need a few coats of paint.
- 2 Cut out your owl feeder shapes for the wings and tummy.
- Once dry, using your scissors, cut out a "tummy and wings" into the bottom half of your juice or milk carton. Use the tummy the tummy, to cut a beak shape.
- Add the bottle top Owl eyes.
- Finally, take your juice carton and glue on your bottle top eyes. Punch a little hole in the top, tie on some string.
- 6 Fill with bird food.
- Hang the bird feeder outside.



HOW TO GROW VEGETABLES + HERBS FROM SCRAPS

BASIC RULES

- Change water every day to avoid slime.
- Keep plants in bright indirect light.
- Keep soil moist but not wet.

GROWING FROM TOPS

What you can grow:

Carrot, turnips, beetroot, radish, swede, pineapple.

How to do it:

- 1 Cut off the tops and put them in a saucer of water with some cotton wool or paper towel on the bottom.
- 2 Check regularly to make sure the paper towel or cotton wool is moist.
- When small side roots appear, plant them out. The new taproots it grows might not be perfectly shaped, but they still taste good in soups and stock!

GROWING FROM BOTTOMS/BULBS

What you can grow:

Spring onion bottoms, celery, onions, garlic, potatoes, cactus plants and cabbage.

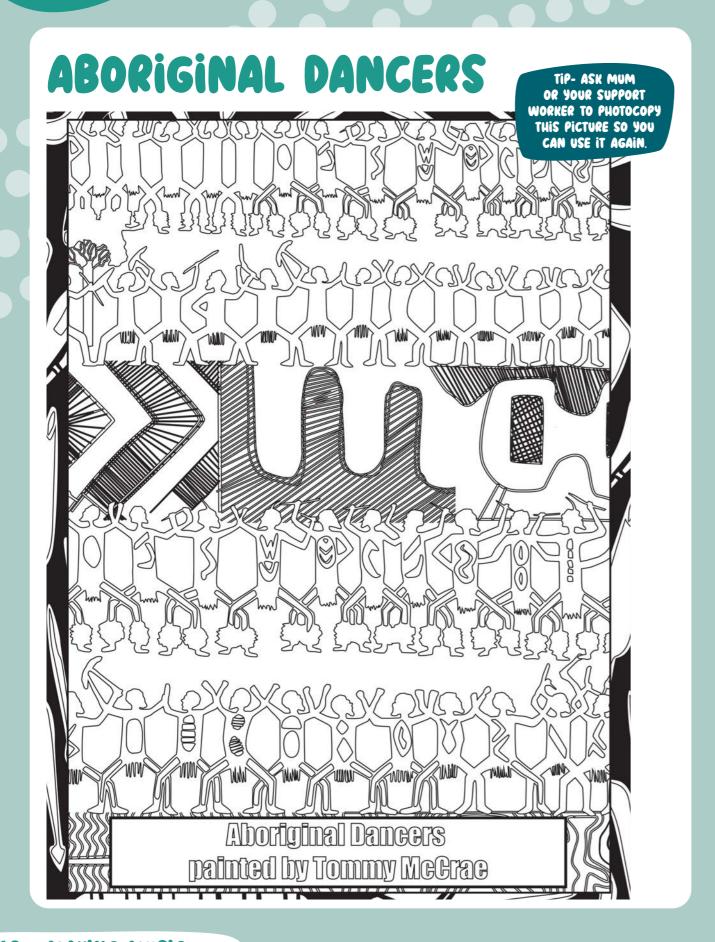
How to do it:

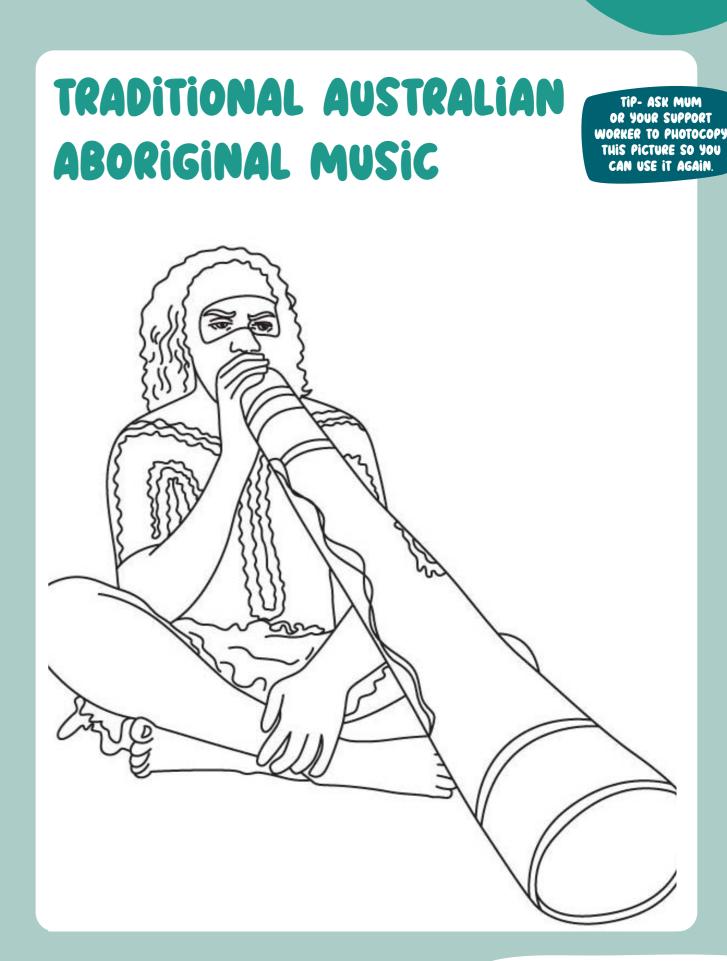
- Gently cut off a piece and place it in the jar with some water in the bottom.
- Wait and watch the roots grow before planting in some soil. The base must be intact.
- Chop it off and place it in a jar with enough water to keep the base wet.

TOP TIP

Ask an adult to help you choose a good plant.

60 EXPLORING NATURE EXPLORING NATURE





YEARS

MAKE YOUR OWN MUSICAL INSTRUMENTS

MARDI GRAS SHAKERS

You will need:

- 2 polystyrene or coloured plastic cups
- Rice or dried beans
- Sticky tape

Instructions:

- Decorate your cups.
- Fill one cup about 1/3 full of rice or beans. Turn the other cup upside down and tape securely together.
- Shake and enjoy!

BALLOON DRUMS

You will need:

- An old tin or saucepan to be the drum base
- Balloon
- Elastic band

Instructions:

- Rinse the balloon with water, so that it sticks and will stretch.
- Pull it tightly over the drum base.
- Use the elastic band to hold the balloon top in place.
- Play your drum with a wooden spoon or chopstick.



WHAT YOU'LL NEED

Five or more drinking glasses or glass bottles

MAKING MUSIC

WITH WATER

Have you ever tried making music with glasses

or bottles filled with water?

Experiment with your own special sounds

by turning glasses of water into instruments, make

some cool music! Find out how it works.

- Water
- Wooden stick such as a pencil

INSTRUCTIONS

- Line the glasses up next to each other and fill them with different amounts of water. The first should have just a little water while the last should almost full, the ones in between should have slightly more than the last.
- Hit the glass with the least amount of water and observe the sound, then hit the glass with the most water, which makes the higher sound?
- Hit the other glasses and see what noise they make, see if you can get a tune going by hitting the glasses in a certain order.

WHAT'S HAPPENING?

Each of the glasses will have a different tone when hit with the pencil, the glass with the most water will have the lowest tone while the glass with the least water will have the highest.

Small vibrations are made when you hit the glass, this creates sound waves which travel through the water. More water means slower vibrations and a deeper tone.







MUSIC GAMES

Dancing to music is fun. Try some of these ideas.

TISSUE DANCE

A tissue dance is more like a balancing act and less like dance, but it is fun!

- But if the tissue falls on the ground, you have to sit down.
- Keep going until only one person is left. START AGAIN!

FREEZE DANCE

Freeze dance is always good fun and simple to play.

How to play:

- Press play on your music device and everyone moves or dances to the music.
- Then click stop, and everyone has to freeze.

For more fun -

- Ask people to freeze in different ways, like a lion or a star.
- Choose a partner and freeze like a triangle, box or bridge.





For this activity, all you need is some music and some pencils.

- Play some music and listen for a while.
- Then start drawing how the music makes you feel or the story the music tells you.







Play this game with friends or family.

- Collect some different toys or objects that make a sound.
- Ask your friends to turn away.
- Use the object to make a sound and see who can guess what it is.
- Take turns being the person who shakes the objects.









PLAYING GAMES

ASK YOUR MUM OR A FRIEND TO ASK YOU THESE QUESTIONS OR YOU CAN DO THEM YOURSELF

YEARS

INDOOR SCAVENGER HUNT

Find as many of these things as you can.

Plastic

cup





Four socks



Pair of scissors

Red clothing





Large



Plastic bowl



Pair of jeans

Thongs



An apple

Brush and comb









WOULD YOU RATHER ...?

| Take a one-week trip to the foreign country of your choice | OR | Take a four-week trip around Australia |
|---|----|--|
| Play on a football team that always wins but always has to play in the rain | OR | Play on a baseball team that always plays in sunny weather, but also always looses |
| Be the best player on a team that always loses | OR | Be the worst player on a team that always wins |
| Be banned from all computer use for a year | OR | Not be allowed to eat any desserts or sweets for a year |
| Be able to control the weather | OR | Be able to talk to animals |
| Be given \$1,000 right now | OR | Be given \$50 a month for the rest of your life |
| Be a famous actor | OR | Discover the cure for cancer |
| Have many friends, but no close friends | OR | Have just one or two close friends |
| Have bright blue teeth | OR | Have bright blue hair |
| Lose one arm | OR | Lose one leg |
| Get to take a shower every day, but you have to take a cold shower | OR | Only get to shower once a week, but you get to take a hot shower |
| Not be allowed to eat your five favourite foods for an entire year | OR | Be allowed to eat only your five favourite foods for an entire year. |
| Have a very strict teacher, but learn a lot | OR | Have a really nice teacher but not learn much |
| Have a friend that was really fun to be with but not very nice | OR | Have a friend who is kind of boring but also very kind |
| Have one eye in the middle of your head | OR | Have two noses |

5+ YEARS

FUN THINGS TO DO THAT DOESN'T COST LOTS OF MONEY

Here's a list of silly, simple and nearly free ideas to make your own fun.

- Talk in "monster voices" together.
- Slide into sleeping bags headfirst and crawl around on the floor pretending to be giant blind slugs.
- Make punk hairstyles with shampoo-y hair in the bath.
- Turn off the lights and have a dance party with flashlights.
- Make mud "soups" with flowers, leaves, sticks, pieces of paper, old dry beans...anything you can find.
- Put a blanket over the table and turn it into a house.
 - Build a fort with couch cushions, blankets, tables, chairs and the mop.
 - Talk very seriously to the stuffed animals (or make them talk to each other).
 - Play tag or hide-and-seek around the house to get your energy out.
 - Tape giant sheets of craft paper up so you do colouring all over the walls.
 - Go on a foraging hunt: write a list of things to find (white feather, black stone, yellow leaf...) and then go and find them. You can do this indoors and out!
 - Put bubble beards on in the bath.





HOPSCOTCH FOR THE MOB

WHAT TO DO

- Design your hopscotch. It can be any shape and any direction. The standard one has 10 squares but you can have as many as you like!
- 2 Draw your design on concrete with chalk. Chalk washes away and won't ruin the concrete.
- Animals Try something different. Replace the numbers with animal tracks. Here are some examples below.













Human

Dingo

HOW TO PLAY

Throw a flat stone or similar object to land on square one. It has to land inside the square without touching the border or bouncing out. If you don't get it in the lines you lose your turn and pass the stone to the next person.



- The track your marker lands on is the animal you have to be while hopping through the squares. But skip the square with your marker on.
- Pick up the marker on your way back and pass the marker on to the next person.
- If you completed the course with your marker on square one (and without losing your turn), then throw your marker onto square two on your next turn. Your goal is to complete the course with the marker on each square. The first person to do this wins the game!

70 PLAYING GAMES PLAYING GAMES



SECRET DECODER

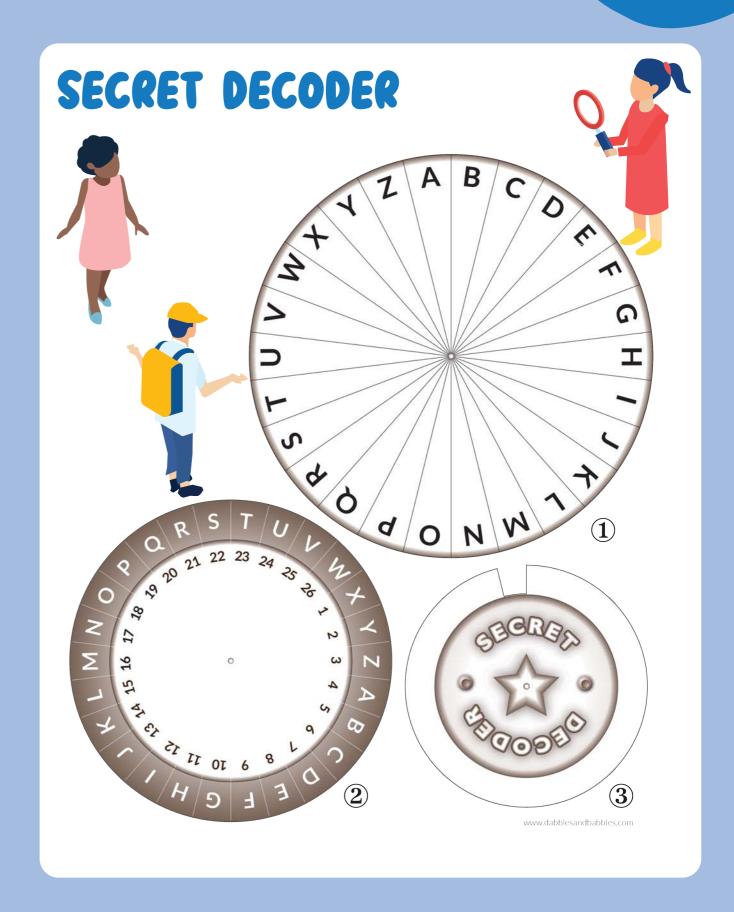
This is a super fun assignment for all the secret agents out there. Time to put your detective skills to work. See next page for the decoder wheel.

HOW TO MAKE THE DECODER WHEEL

- 1 Cut out the circles below and stack them in order from the number 1 wheel on the bottom, then the number 2 wheel and finally the number 3 wheel on the top.
- Attach the 3 discs by carefully poking a split pin or match stick through the middle of all three wheels. If you don't have a split pin ask your mum or support worker for something else to use.

HOW TO USE THE DECODER WHEEL

- Pick a letter on the outer wheel and a number in the inner circle this is your key (ex. M21). Turn the inner wheel so that the number (21 in our example) lines up with the out wheel letter (M in our example). On our wheel 21 also corresponds with R in the shaded section. Don't move the wheels now, keep them in place.
- First, write down your message. No numbers (write them out), and no punctuation!
- For each letter of your message, find that character on the outer wheel and write down the letter that is exactly beneath it on the inner wheel until your message is complete.
- To read the encrypted message, get the key from the message sender and align the wheel. For each letter of your message, find that character on the inner wheel, and write down the letter that is exactly above it on the outer wheel.



72 PLAYING GAMES PLAYING GAMES

5+ YEARS

HOMEMADE



WHAT YOU NEED

- 1 ^{1/2} cups freshly squeezed lemon juice (you can use the bottled juice too)
- 5 cups cold water
- 1 1/2 cups sugar
- 2 lemons, sliced for garnish
- Ice



WHAT TO DO

- Combine lemon juice, water, and sugar into a large jug and stir until sugar is completely dissolved.
- Put lemon slices onto the top of lemonade.
- Top with ice to keep it nice and cold.

BANANA BREAD

WHAT YOU NEED

- 2 cups self-raising flour
- 1 tsp bicarbonate of soda
- 2/3 cup caster sugar
- 2 bananas (mashed)1 tsp vanilla essence
- 2 eggs
- 1 cup light milk
- 1 tbs light olive oil

WHAT TO DO

- Preheat oven to 180°C (160°C fan-forced).
- 2 Mix flour, bicarbonate of soda and sugar in a bowl with mashed banana, vanilla, eggs, milk and oil.
- 3 Spoon into a tin and bake for 50-60 minutes or until a skewer inserted in the centre comes out clean.

MUFFINS

WHAT YOU NEED

- 1 tablespoon baking powder
- 2 cups of flour
- 1 cup of sultanas

- 1 egg
- 1 cup of milk
- 4 tablespoons melted butter

WHAT TO DO

- Mix milk, melted butter and beaten egg together.
- Add 1 tablespoon of baking powder to 2 cups of flour.
- Mix wet and dry ingredients together.
- Add 1 cup of sultanas.

- Mix together and then spoon ingredients into muffin trays or patty pans.
- Place into oven and cook for about 10-15 minutes at approximately 176 degrees celsius.





FRUIT KEBABS

WHAT YOU NEED

- 2 tsp lemon juice
- 2 medium bananas, peeled, cut into 8 pieces
- 2 medium apples, peeled, cut into 16 pieces
- 2 pears cut into 16 pieces
- 2 medium kiwifruit, cut into 8 pieces

WHAT TO DO

- Place lemon juice in a bowl. Add banana and pear. Toss to coat.
- Thread fruit onto skewers. Make a pattern if you can.
- 3 Serve.

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POTATO WEDGES

WHAT YOU NEED

- 750g potatoes
- 2 tablespoons oil
- 1 teaspoon smoked paprika (optional)

WHAT TO DO

- Preheat the oven to 200°C
- Scrub the potatoes in cold water then pat dry with kitchen paper. Chop each potato into 4 wedges.
- Place in a roasting tin and pour over the olive oil. Give them a good stir to coat in oil. Sprinkle over paprika and stir again to coat.
- Put the tin in the oven to cook for 25-30 minutes, taking out and shaking every 10 minutes to help the potatoes cook evenly.



FRENCH TOAST

WHAT YOU NEED

2 eggs

- 2 slices of bread
- 1/2 cup of milk
- Butter for frying

WHAT TO DO

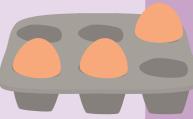
- 1 Crack eggs carefully into a large bowl. Add milk and whisk together until well combined.
- Gently heat a knob of butter in a fry pan over medium heat.
- 3 Dip each slice of bread in the egg and milk mixture, coating each side.
- Cook bread until golden brown about 2-3 minutes on each side.
- Carefully lift bread onto a serving plate and top with fresh fruit.
- 6 Eat and enjoy!

PIKELETS



WHAT YOU NEED

- 1 cup self-raising flour
- 2 tablespoons of caster sugar
- 3/4 cup of milk
- 1 egg
- Butter



WHAT TO DO

- Mix dry ingredients in a large bowl and make a well in the centre.
- Lightly beat egg and pour into the well. Gradually add the milk to the egg in the well, slowly incorporating the flour and whisking until smooth.
- 3 Lightly grease a non-stick frying pan with butter. Spoon tablespoons of the pikelet mixture into the pan. How large you make your pikelets is up to you!

- When bubbles start to appear on the surface of the pikelets, flip them with a spatula.
- Cook until golden brown on both sides.
- You might like to serve your pikelets with butter, jam or honey. Enjoy!

FRUIT SMOOTHIE IN A JAR

WHAT YOU NEED

- 1 banana (peeled and chopped)
- 1 tsp honey (*optional)
- 3 tbs yoghurt
- I cup of milk

WHAT TO DO

- Combine all the ingredients into the jar. Secure lid.
- Shake hard until ingredients are smooth and creamy.
- 3 Enjoy!

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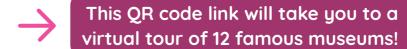
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